

IN THE CLAIMS:

Claims 1-44 (Cancelled).

45. (Currently Amended) A method for inserting an intervertebral implant, comprising: accessing a collapsed spinal disc space; sequentially inserting and removing a number of implants into the collapsed spinal disc space, each of said implants providing a different restored disc space height when inserted in the disc space, the spinal disc space at least partially collapsing when the inserted implant is removed therefrom; and

leaving in the spinal disc space the implant from the number of implants providing a restored disc space height corresponding to a desired disc space height to post-operatively maintain the desired disc space height. The method of claim 44, wherein each implant of the number of implants has a leading end portion with a nose portion having the same height for each of the number of implants.

46. (Currently Amended) The method of claim 45, claim 44, wherein said height of said nose portions is about 3 to 4 millimeters.

47. (Currently amended) A method for inserting an intervertebral implant, comprising: accessing a collapsed spinal disc space from an uni-portal approach; inserting a first implant through the portal into the spinal disc space to provide a restored disc space height;

~~removing the inserted first implant from the spinal disc space through the portal such that the spinal disc space is non-distracted;~~

~~selecting an a-second-implant from a number of implants sequentially implant subsequently inserted and removed through the portal each providing a restored disc space height differing from the restored disc space height of the first implant and from one another, the selected second-implant being the first of said number of implants providing a restored disc space height that corresponds to a desired disc space height, wherein each implant of the number of implants has a leading end portion with a nose portion having the same height for each of the number of implants; and~~

~~post-operatively maintaining the desired disc space height with the selectedsecond implant in the spinal disc space.~~

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